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Thursday, June 6, 2013

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Writer nicknamed, memeified

Alex Boutilier always thought of himself more as a Fry kind of guy, but whatever, city hall communications department, whatever. PAGE 5

#Gonebutnot-forgotten

Mourning on social media is standard these days, but some people aren't paying their respects respectfully PAGE 10

Hutt a monster, but not a murderer, defence argues

Closing statements. Mark Hutt didn't mean for wife to die, lawyer argues, while Crown calls accused a liar

JOE LOFARO
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Donna Jones and Mark Hutt are seen in this wedding photo. HANDOUT

Mark Hutt is a monster, an abuser, and a liar, but he is not guilty of first-degree murder in the death of his wife Donna Jones, a defence lawyer argued Wednesday in closing arguments.

Lorne Goldstein wasn't very vocal in most of the proceedings of the 36-year-old's trial in the past four weeks, but he spent an afternoon trying to convince jurors Hutt did not intend to kill his wife after scalding her with a pot of boiling water and leaving her on a makeshift mattress for 11 days.

Jones, who was 33 at the time of her death on Dec. 6, 2009, was found with third- and fourth-degree burns to 40 per cent of her body. She had multiple bone fractures, 29 air-gun pellets in her body, and two black eyes, a coroner said.

Crown witnesses said they became worried after seeing Jones at work with smaller burns on her body, burns that were never bandaged and always came with an explanation of an accident, the jury heard.

Goldstein argued she had been burned before without seeking medical attention and to Hutt the incident was no different. Hutt told police in an interview Jones was afraid of hospitals.

"From Hutt's perspective, there was no reason to believe that multiple, peeling, severe burns would lead to death," said Goldstein, adding that from his experience, she would survive her injuries.

"Those burns tell a tale he was neglectful."

Goldstein also told the jury that Hutt could have killed his wife right away if he wanted to because he had a "plethora" of weapons stored at their home and had access to an isolated cabin outside of the city. Weapons seized at the home include a compound bow, several knives, a rifle pellet gun and a machete.

He argued that Jones' death was "an unintended consequence of his neglect and abuse" and asked the jury to find him guilty of the lesser charge of criminal negligence causing death.

Crown prosecutor Vikki Bair argued Hutt can't "lie his way out of his guilt" and must be convicted of first-degree murder.

She told jurors they must find him guilty if they believe beyond a reasonable doubt Hutt's actions were planned and deliberate, that the murder was committed during forcible confinement, or in the course of ongoing criminal harassment.

Hutt must have known his wife was right behind him when he hit the pot off the stove, Bair charged.

Jones was confined after her injuries because Hutt forced her to stay on a makeshift mattress in the basement, Bair argued.

"He confined her physically by making her stay in the basement under his surveillance and he confined her psychologically by the trauma bond he created," said Bair.

The jury is expected to start deliberating Thursday.

In his defence

"From Hutt's perspective, there was no reason to believe that multiple, peeling, severe burns would lead to death."

Lorne Goldstein, lawyer for Mark Hutt

Counter-argument

"She didn't have a fear of hospitals. What she had was a fear of her husband."

Crown prosecutor Vikki Bair

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Environment

City gets $15,000 fine for washing paint into Canal

A city worker who washed paint from a field line-painting machine at Lansdowne Park into the Rideau Canal netted Ottawa a $15,000 fine Wednesday when the city pleaded guilty to charges under the Fisheries Act.

The charge dates back to Oct. 22, 2011, when the worker flushed 1.16 litres of paint through a storm sewer into the canal as they cleaned the machine used to mark the field at Frank Clair Stadium, wrote city attorney Rick O'Connor in an email.

At the time, the city paid out $3,696 to clean up canal rocks that the paint splashed over and 9,359 litres of water dirtied by the paint.

In the Ontario Court of Justice Wednesday morning, the City of Ottawa pleaded guilty and came to an agreement with Crown attorneys to pay a $3,000 fine for washing the paint into waters with abundant fish and a $12,000 deposit to Canada's Environmental Damages Fund.

The deposit is set to go toward conservation of the Rideau Valley watershed.

GRAHAM LANKTREE/METRO

Crime

Arrest made in Maisonneuve stabbing

Gatineau police charged 53-year-old Jacques Gautreau Wednesday after a man was stabbed on Boul. Maisonneuve Tuesday night.

Gautreau was to appear in court Wednesday.

ALEX BOUTILIER/METRO

A police cruiser sits outside 1935 Tenth Line Rd., the home of a man shot Tuesday night by police after allegedly wielding a knife in traffic.

MIKE CARROCCETTO/FOR METRO

Community puzzled by 'bizarre' shooting

Orleans. Young man shot by police was allegedly brandishing a knife and is believed to be alive in hospital

GRAHAM LANKTREE
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Blood from a bizarre incident that saw police shoot a youth twice for allegedly wielding a knife in Orleans Tuesday was washed away, leaving virtually no trace of the violent confrontation less than 24 hours later as neighbours were puzzled over what happened.

An Inuit man who answered the door at 1935 Tenth Line Rd. where the 20-year-old man lived with his family declined to comment, but indicated the youth is alive at Ottawa's Civic Hospital.

"Who belongs in the street with a knife jumping on cars? Everyone has problems. He might have gone through a rough patch," said a next-door neighbour, who wished not to be named.

Police said the youth was struck by a Toyota Corolla on the road. Reports say the youth brandished a knife and appeared confused as he stopped traffic on the road just before 6 p.m. Tuesday.

"They're nice people. I don't think they deserve what's happening to them," said the neighbour, noting that the family has lived in the home only a matter of months and consists of a father, mother, and three children — a girl and two boys.

"I see them play in the yard with the ball. They do gardening work," she said. "They've been maintaining the place better than all other tenants before them."

Ontario's Special Investigations Unit (SIU) was called in to investigate the events Tuesday, as they are with all cases in which police injure suspects or the public.

Ottawa police said the SIU hoped to interview the youth Wednesday, but were unaware if they had made contact.

A rough patch

"They're nice people. I don't think they deserve what's happening to them."

A neighbour, referring to the family of the youth who was shot twice by police for allegedly wielding a knife in Orleans on Tuesday.

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Lansdowne Park. City earmarks urban-park supplies for companies

The general contractor for Lansdowne's urban park has yet to be determined, but much of what will actually go into the park has.

In the tender documents for the project, the city has stipulated which suppliers the contractor will be asked to select for things like lighting, benches and stonework.

Jeff Byrne, the head of the City of Ottawa's supply branch, confirmed Monday the city expects the general contractor to purchase services from those companies.

Most of the lighting will be supplied by B.C.-based Lightworks, featuring products by Lumenpulse, iGuzzini and Technilum. Metrolume Lighting has also been listed for certain products.

Landscape Forms' "Neoliviano" benches have been suggested, as well as their "Parc Centre" chair. Four companies have been suggested for the park's stonework.

The tender for the project — estimated to cost between $20 million and $25 million all told — has not been made public, and will not be until the contract is awarded.

Two large public-art pieces have also been selected for the park. "The Screen," a series of 60 vertical beams equipped with LED displays, is planned for the east berm of Lansdowne near the Frank Clair Stadium. "The Beacon," a large monolithic piece, will be placed near the park's centre.

Vancouver-based artist Jill Anholt has been selected to design both pieces.

ALEX BOUTILIER/METRO

Artist's rendering of a finished Lansdowne Park redevelopment. CITY OF OTTAWA

Elgin Street

Businesses get approval for patios

The city's transportation committee approved four new temporary patios on Elgin Street Wednesday.

Town, Johnny Farina, The Standard, and Hooley's received the committee's approval for a two-year trial run for patios at their businesses.

Nearly all the residents who responded to the proposal were against the idea. But city staff say they'll track complaints, if there are any, and report back to the committee with a recommendation in 2015.

The committee unanimously approved the item.

ALEX BOUTILIER/METRO

A map provided by the National Capital Commission shows the potential bridge routes considered with the preferred option outlined in red.

NATIONAL CAPITAL POWER POINT PRESENTATION

Kettle Island debate reaches boiling point

A bridge too far?

Proposed interprovincial link raising ire of residents

ALEX BOUTILIER
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The chair of the city's transportation committee says he thinks a marathon meeting about a potential interprovincial bridge over Kettle Island sent a strong message to the National Capital Commission about Ottawa's priorities.

About 20 people took the time to attend Ottawa City Hall's transportation committee Wednesday morning to speak to the NCC's desire to build a new interprovincial bridge over Kettle Island.

"The committee and a lot of community groups, a lot of individual residents are not happy with the proposal that's put forward," said Keith Egli, the chair of the committee, after the meeting on Tuesday.

"They came to us at this juncture because they're not finished their (environmental assessment) yet, and they needed that feedback to move forward."

The NCC has been floating the Kettle Island bridge idea for years, arguing that a crossing between the north side of Ottawa's Aviation Parkway and Montée Paiement in Gatineau is required to address future transportation needs.

It's also touted as a way to relieve truck congestion travelling between Ontario and Quebec via King Edward Avenue, alleviating the downtown's heavy truck problem.

Most who came to speak, however, disagreed.

"This billion-dollar bridge doesn't make sense for downtown, or the people living near the Kettle Island Corridor," said Lori Assheton-Smith, with the Rockcliffe Park Residents Association. "Or commuters living anywhere east of the corridor — in Beacon Hill, Rothwell Heights, Blackburn Hamlet, Orléans and beyond."

Some councilors suggested the NCC look at the possibility of a tunnel under King Edward to remove the trucks from traffic.

NCC staff will return to the committee during the bridge's preliminary design phase to talk about how concerns from the city and residents could be addressed.

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CITY COMMUNICATIONS OUTS FELINE REPORTER

Cat's out of the bag. Freedom-of-information request reveals that city knew Metro's dark secret

ONE-TEN LAURIER
Alex Boutilier
alex.boutilier@metronews.com

I've been called many things in my journalism career, but this is the first time I've been compared to a meme.

Going through a stack of emails released through a freedom-of-information request, I noticed the city's corporate-communications branch has a nickname for me:

"Grumpy Cat."

"Please see below. He doesn't need an interview. Possible to get him written response tomorrow?" wrote Nikki Eaton, in response to a particularly grumpy email from me to colleagues Donna Casey, Carly Wolff and Andrea Ruttan.

"Grumpy Cat," replied Ruttan, another front-line communications officer.

"Lol yeah. I was thinking the same thing though when I sent him that question ... I didn't think he wanted an interview initially ... anyway. Sigh," Eaton wrote back.

Now, I'm not upset about the nickname. I guess I just always pictured myself as more of a Fry kind of guy.

But usually my day-to-day interaction with the city goes a little more like this.

Sometimes, as an Ottawa City Hall reporter, you have to ask yourself some seriously deep questions.

But the good days — the good days make it a little bit easier.

See the resemblance? The city's communications shop has a nickname for Metro's senior reporter, Alex Boutilier, an access-to-information request reveals. METRO

Anyway, here's why I was grumpy: OC Transpo sent its 2012 Customer Satisfaction survey to the city's transit commission on April 17. When I saw the report was coming, I requested the data used to compile the report.

No dice. The report came and was received with no discussion and, to my knowledge, without the commissioners having access to the actual numbers. I kept asking.

About a week later, OC Transpo scheduled a briefing on the data used for the report. Dan Barill, head of the polling company responsible, was there. The actual data was not. Keep in mind, this was weeks after the commission had already approved the report with no debate.

Weeks later, OC Transpo finally relented and turned over the data. And I found ... well, not much. There doesn't seem to be any scandal, nothing that would justify the stonewalling I was getting. If you want the file, let me know. Maybe you can find something I missed.

Oh, and Corp. Comms.? Keep in mind your emails are accessible. I'll be encouraging my colleagues to find out what you're calling them.

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Give peace a chance. War Museum demonstrates goal of world peace is within reach

John Lennon and Yoko Ono's "war is over (if you want it)" mantra isn't merely wishful thinking — peace is within reach and you can meet the people responsible at a human library held at the Canadian War Museum.

"Some of the people have had conflict in their lives and found peace. Others come at peace from a different direction," said Britt Braaten, learning specialist at the Canadian War Museum.

The library of 26 people will tell their stories of conflict and peace from 10 a.m. to 4 p.m. at the museum on Sunday.

A peace activist who set up meetings between Canadians and Russians during the Cold War, a man who fled conflict in Burundi, a war correspondent, a medic and a member of the Canadian Forces are just a few who can be "borrowed" for 20 minutes at a time.

"It's about making the stories we tell in the exhibition come alive," said Braaten, pointing out the connection to the launch of an exhibit titled Peace: The Exhibition, which opened May 31.

One "book" is Koozma Tarasoff, an Ottawa peace activist who has been working for the cause for the past 55 years and mounted a campaign to get the government to open a new cabinet position — the minister of peace — complete with its own department.

Koozma Tarasoff is an Ottawa peace activist who lobbied Canada to create a Department of Peace. GRAHAM LANKTREE/METRO

"If we presuppose that peace is possible, it's possible. It's only if we say it won't happen that it won't happen," said Tarasoff from his south-end home.

In 1985, during the Cold War, Tarasoff held living-room discussions in his home Saturdays and Sundays during which he invited people from the Russian embassy to talk about their country's mass media and agriculture with regular Canadians.

"I'm hoping people will be inspired that there is another way instead of violence and war, and that other way is the non-violent way of looking at things in the world."

The human library runs Sunday, June 9, from 10 a.m. to 4 p.m. at the Canadian War Museum.

GRAHAM LANKTREE/METRO

Food Truck Rally founder Sharif Virani stands with a Montreal food truck. GRAHAM LANKTREE/METRO

Rally to show off Ottawa's best new eats on wheels

Fancy those food trucks? Little Italy will host 15 to 20 examples of mobile cuisine

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Food truck and cart owners whose vehicles weren't ready for the city's May kickoff of its new street-food program should consider Ottawa's Food Truck Rally competition June 22 to make a name for themselves.

"Some of them are just hitting the road now. That's why we delayed things," said the rally's founder Sharif Virani, who said he wanted to have the event last month, but not enough new trucks and carts were ready.

Virani is hoping 15 or 20 examples of Ottawa's best food on wheels will join the likes of Streat Gourmet for the event. It'll be in a vacant lot owned by Domicile Developments, the rally's sponsor.

"It's totally a fun kind of thing," he said, adding there will be a competition where the public and a panel of Ottawa chefs and food enthusiasts vote on the best dishes and overall cart or truck. Small plates are set at $4 and large at $6.

Quoted

"It's just about testing the water and building energy around the food-truck ecosystem."

Food Truck Rally founder Sharif Virani

"It's just about testing the water and building energy around the food truck ecosystem," Virani said. "It will be a nominal admission fee of $5. We're raising money for a culinary-arts scholarship."

Miriam Burke of Ad Mare Seafood said the truck she owns with her husband Mario is still in the shop due to a backlog of orders. "We're still very hopeful to be on the road mid-June," Burke said, mentioning their sustainable seafood theme has gathered huge interest and support.

"We're totally on board for the rally, but it's difficult to commit without a vehicle," she said. "We're just really anxious to get out."

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Coalition pushing to decriminalize female prostitution

Supreme Court. Hearing next week will determine the future of Canada's prostitution laws

A coalition of groups says it will urge the Supreme Court of Canada to decriminalize the work of female sex workers, while keeping the criminal penalties against pimps and clients.

The case stems from an Ontario Court of Appeal ruling that struck down a section of the law that forbids brothels, but upheld a ban on communication for the purposes of prostitution, which effectively makes street prostitution illegal.

The Women's Coalition for the Abolition of Prostitution is one of the nearly two dozen groups that have been granted intervener status to argue before the court.

The group argues that men are the main benefactors of the sex industry — as pimps, customers and brothel owners.

The coalition is made up of seven organizations, including the Canadian Association of Sexual Assault Centres, the Native Women's Association of Canada, and the Canadian Association of Elizabeth Fry Societies.

"It's an asymmetrical position of: decriminalize the women, maintain the criminalization of men, even though it's never happened," said Kim Pate, head of Elizabeth Fry.

Prostitution itself is not illegal in Canada, though many of the key activities are banned under the three sections of the Criminal Code.

THE CANADIAN PRESS

Bawdy-house ban

The Ontario court struck down the Criminal Code ban on bawdy houses because the law puts sex workers in danger by forcing them to work outside.

- The court case involved three women: Retired dominatrix Terri-Jean Bedford, former prostitute Valerie Scott and Vancouver sex worker Amy Lebovitch.
- They argued the laws related to prostitution violate the Charter of Rights and Freedoms.

Trudeau pitches plan on senators' expenses

A small group of protesters crashes Liberal leader Justin Trudeau's press conference on Parliament Hill in Ottawa on Wednesday. Trudeau is proposing a four-point plan to lift the veil of secrecy shrouding the expenses of Canada's MPs and senators. His plan would require them to post quarterly details of their travel and hospitality expenses on public websites, as cabinet ministers already do. SEAN KILPATRICK/THE CANADIAN PRESS

Safe injection sites

Ottawa to unveil new regulations

The Harper government will introduce legislation Thursday to clarify the rules for supervised-injection sites. In 2011 the Supreme Court allowed a site in Vancouver to stay open. THE CANADIAN PRESS

Mental-health crisis

Nunavut study an eye-opener

The biggest study into the risk factors for Nunavut's high suicide rates is revealing the depth of mental-health problems — nearly two-thirds had suffered from major depression. THE CANADIAN PRESS

Turban ban

"A sport such as soccer should encourage children to participate, and not exclude them because of their religious traditions."

Immigration Minister Jason Kenney, tweeting about Quebec Soccer Federation's decision to ban turban-wearing Sikh kids from soccer fields.

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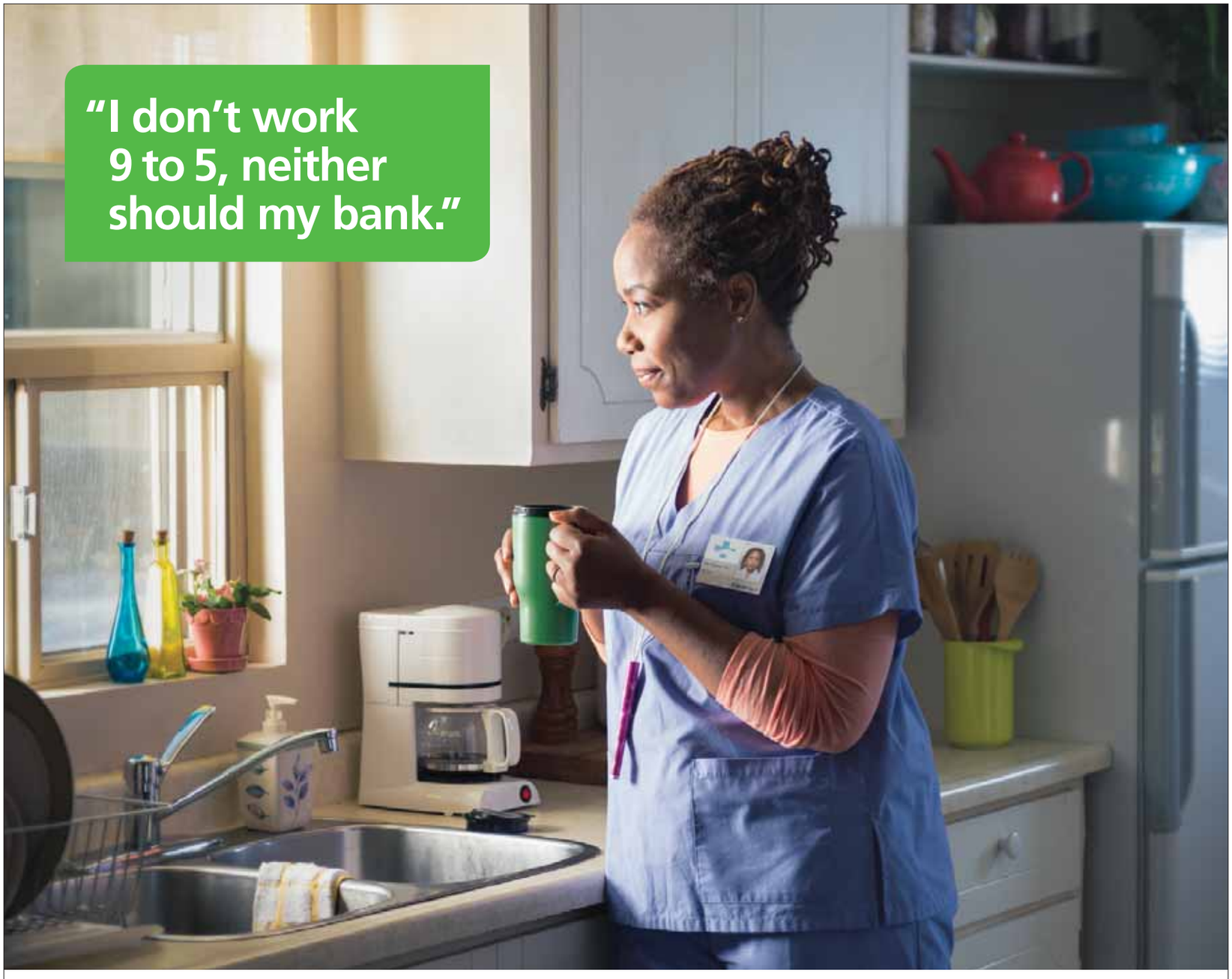

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Tainted beef. Indecisive report on nation's juiciest recall leaves bad taste

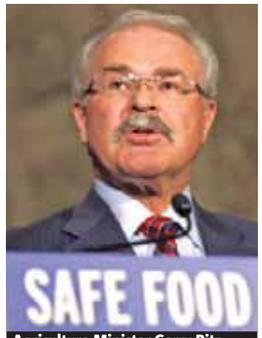
Nearly a year after tainted Alberta beef sickened 18 people, briefly blocked exports to the U.S. and cast doubts on the safety of Canada's food supply, no one can say for sure what led to the largest meat recall in Canadian history.

It could have been a horde of germs from a contaminated animal passing through a super shredder, a new report suggests. Or an improperly decontaminated carcass. Or simply a case of too much bacteria for the plant to handle.

One thing is for certain: neither staff nor federal inspectors at the XL Foods plant in Brooks, Alta., were taking food safety seriously enough last September to prevent the crisis from happening, a three-member review panel has concluded.

"We found a relaxed attitude towards applying mandatory procedures — clearly outlined in some documents, less so in others ... a shortcoming shared by both plant and CFIA staff," says the report released Wednesday.

"We found one of the country's largest beef processors unprepared to handle what turned out to be the largest beef recall in Canadian history." THE CANADIAN PRESS



Agriculture Minister Gerry Ritz holds a news conference in Ottawa, Wednesday. THE CANADIAN PRESS

Jamaica. 'Unrelenting violence' against kids a chronic problem: UNICEF

The United Nations' child welfare agency said Wednesday that it is deeply concerned about what it describes as "unrelenting violence" against youngsters in Jamaica, including the recent beheading of a 4-year-old girl.

Robert Fuderich, UNICEF's representative in Jamaica, said a recent spate of grisly crimes targeting school children has underscored a chronic and disturbing problem in the Caribbean country that has put authorities on alert and parents on edge. THE ASSOCIATED PRESS

Sinister trend

"The killing of several children, in close succession, is a tragic reminder of the violence being meted out to children on a daily basis."
UNICEF representative Robert Fuderich

Public outcry. Israeli judge resigns after comment about girls enjoying rape

A Tel Aviv District Court judge has resigned following a public furor over comments he made in court that some girls "enjoy being raped."

Nissim Yeshaya was presiding over a hearing on the rape of a 13-year-old Israeli girl by four Palestinian youths when he made the comment. He apologized and said the remark was taken out of context.

Prime Minister Benjamin Netanyahu was among officials who harshly criticized the judge. He also withdrew his support for Yeshaya's appointment as head of his Likud Party's internal court. Several lawmakers called for the judge's immediate dismissal. THE ASSOCIATED PRESS

Stepping down

Israel's justice minister said Wednesday Yeshaya expressed his desire to leave his post at a hearing.

Vancouver

Nanny claims she was forced to work 16-hour days

A Filipina nanny's voice tensed up with emotion as she described the day she called police after one of her employers pushed her and doused her with a jug of water in Vancouver.

Leticia Sarmiento, who is testifying at a human-trafficking trial, said Wednesday that the physical altercation in June 2010 involved Oi Ling Nicole Huen. THE CANADIAN PRESS

Thousands evacuated

Floods charge through Germany, Czech Republic

Desperate families were plucked from rooftops by helicopters, cars were swept away by raging torrents and levees failed without warning Wednesday as central Europe staggered under an inland ocean of flooding.

Tens of thousands of people had to be evacuated in Germany and the Czech Republic and chemical plants along the mighty Danube and Elbe rivers were hastily shut down. City officials, federal troops and emergency workers across a vast region either raced to prepare or struggled to cope as flood crests roared downstream. THE ASSOCIATED PRESS

Blow to rebel forces

Hezbollah helps Syrian troops seize border town

Syrian troops and their Lebanese Hezbollah allies captured a strategic border town Wednesday after a gruelling three-week battle, dealing a severe blow to rebels and opening the door for President Bashar Assad's regime to seize back the country's central heartland.

The regime triumph in Qusair, which Assad's forces had bombarded for months without success, demonstrates the potentially game-changing role of Hezbollah in Syria's civil war. The gain could also embolden Assad to push for all-out military victory rather than participate in peace talks being promoted by the U.S. and Russia. THE ASSOCIATED PRESS

Victims pulled from the rubble

Philadelphia. Demolition gone wrong buries adjacent thrift store in debris

Firefighters carry a survivor from the rubble of a four-storey building that collapsed in downtown Philadelphia Wednesday.
MICHAEL BRYANT/PHILADELPHIA INQUIRER/THE ASSOCIATED PRESS

A building that was being torn down collapsed with a thunderous boom Wednesday in Philadelphia, raining bricks on a neighbouring thrift store and injuring at least 13 people in an accident that witnesses said was bound to happen.

Rescuers pulled a woman trapped amid the rubble of a Salvation Army thrift store after they heard her voice, city Fire Commissioner Lloyd Ayers said, and the search for survivors continued hours after the 10:45 a.m. collapse.

"We do not know how many people were actually in the thrift store this morning when the wall collapsed on the building," Mayor Michael Nutter said late Wednesday afternoon. "So the search and rescue will continue ... until we literally get to the basement and have uncovered everything we can possibly uncover."

Survivors were taken to hospitals with minor injuries, Ayers said, adding that a 14th person was found in the rubble. He declined to comment on the person's condition.

Several witnesses said they had been casting a wary eye on the demolition site and questioned how the workers were tackling the job. THE ASSOCIATED PRESS

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Remembering Amanda

R.I.P Amanda Todd
"Suicide does not end the chances of Life getting worse. Suicide eliminates the possibility of it ever getting better."
Rest peacefully

AMANDA TODD, THE B.C. TEEN WHO COMMITTED SUICIDE LAST YEAR AFTER BEING BULLIED, HAS BEEN COMMEMORATED ON FACEBOOK. THESE ARE SOME IMAGES POSTED ON R.I.P. PAGES CREATED IN HER NAME.

A NEW WAY TO #GRIEVE

Mourning deceased loved ones on social media is common, but commemorative pages can cause additional anxiety for some

RITA POLIAKOV/METRO

On May 12, Alexandra Christopoulos wished her friend Patrick a happy birthday on Facebook.

He'll never read the post.

Patrick Douglas Mott, who would have been 31 this year, died on New Year's Eve in 2009. Soon after, Mott's father started an RIP Facebook group in his son's honour, a group with more than 200 members and hundreds of posts.

This, for many, is the new way to grieve. And some are abusing it. While grieving through social media can be cathartic, it can also rob mourners of their privacy.

For Christopoulos, Mott's online memorial helped in the healing process.

"I think, initially, grief, it's so overwhelming and shocking and you almost feel numb," said Christopoulos, adding that she turned to social media when she felt alone.

"I'll think of him randomly. I'll go online to that page and realize someone else has already been there. They're thinking of him too," she said.

Experiences vary. Amanda Todd, the B.C. teen who committed suicide last year after being relentlessly bullied, has been commemorated on Facebook and Twitter. Her RIP pages have hundreds of thousands of likes, but have also become a forum for more bullying.

Some commenters wrote that the 15-year-old deserved her fate. A topless photo of Todd, the very one that contributed to her agony, was even posted to a memorial page.

According to Pam Fitzgerald, director of the Canadian Centre for Bereavement Education and Grief Counselling in Toronto, social media can be a free-for-all.

"With a sudden, unexpected death, people aren't always sensitive with their judgment and criticism or inaccurate information," she said. "Anything on the Internet affects the grieving process. Gossip usually always hurts."

RIP Facebook groups and Twitter hashtags pose another problem: What if the family of the deceased doesn't want an online memorial?

Vicky White, a 17-year-old from Toronto, started a memorial Facebook page after her classmate died in a car crash earlier this year. "It was a place for everyone to gather to share their memories," she said.

But then the deceased teen's family spoke up.

"There are a lot of complications. I like to put myself out there, but the thing is, (his) family wanted privacy. They want time to heal," White said.

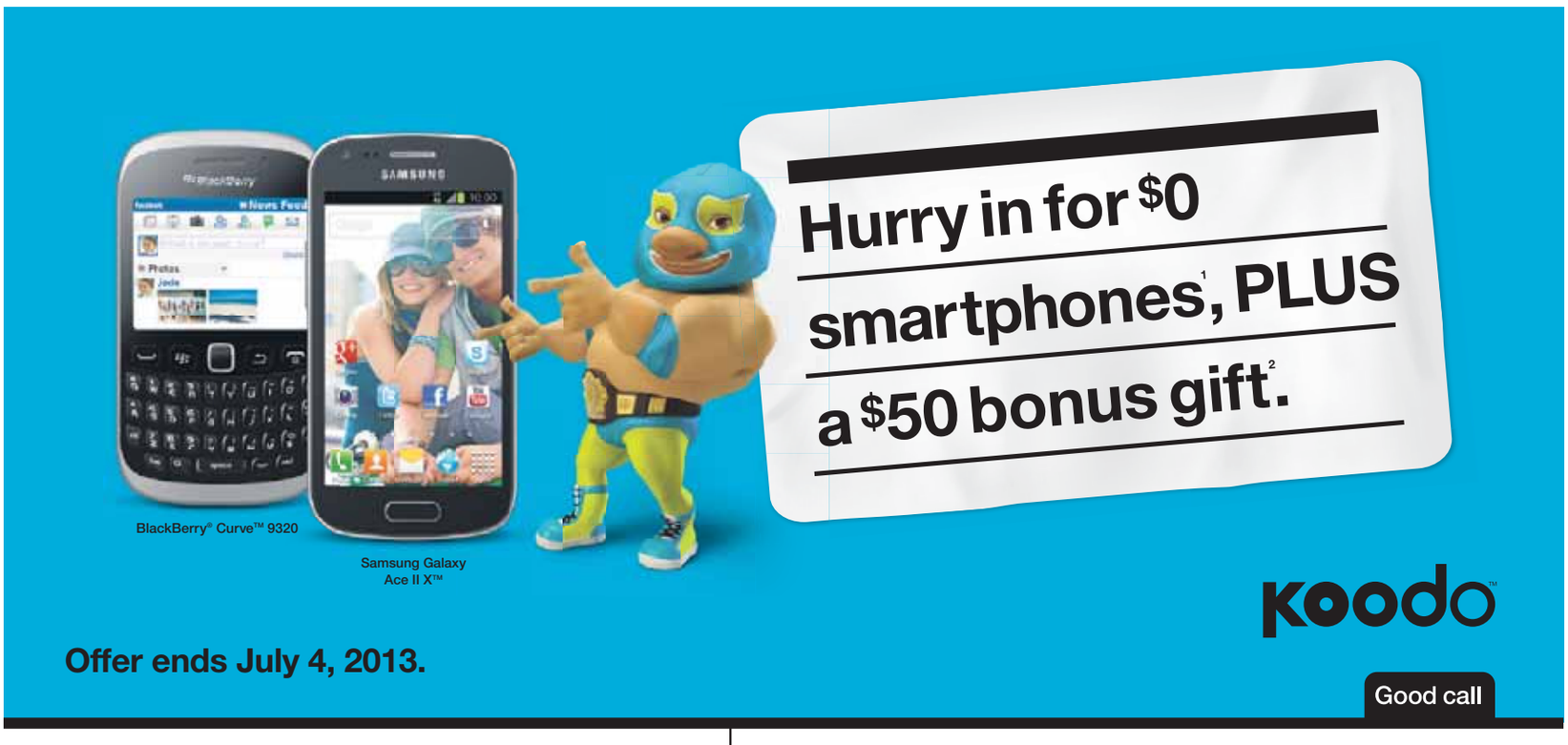
Even with its pitfalls, mourning through social media has its place in the grieving process. According to Fitzgerald, it can be a useful tool when coupled with professional help or a strong support system.

"I think it can be both positive and negative. Funeral homes now have a page where people can write messages to the family. That's positive."

Online etiquette

For those wishing to pay their respects using social media, here are some guidelines:

- Always post accurate information to avoid causing unwarranted anxiety to those trying to heal.
- Never post criticisms of the deceased.
- Don't offer advice, only condolences and support.
- Respect the privacy of those who are mourning.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A customer tries out the Apple iPhone 5 inside the Apple Fifth Avenue flagship store on the first morning it went on sale, September 21, 2012. MARIO TAMA/GETTY IMAGES

‘Apple-pickers’ beware!

Smartphone Summit. New technology could permanently disable stolen phones

Top law enforcement officials from San Francisco and New York plan to meet with some of the nation’s largest smartphone makers next week to help thwart the rise in cellphone thefts and robberies.

San Francisco District Attorney George Gascon and New York Attorney General Eric Schneiderman announced Wednesday that their meeting scheduled to take place in New York City on June 13 will be dubbed a “Smartphone Summit.”

Gascon and Schneiderman said they plan to meet with representatives from Apple Inc., Google Inc., Samsung Electronics Co. Ltd. and Microsoft Corp. and urge them to create new technology to permanently and quickly disable stolen smartphones, making them worthless to thieves.

In San Francisco, where more than half all robberies involve a cellphone, Gascon has called on the companies to create new technology such as a “kill switch” to render phones useless. His office cites a 27-year old tourist who suffered severe knife wounds to his face and throat two weeks ago after being robbed by two men over his iPhone.

In New York, Schneiderman said there was a 40 per cent spike in cellphone thefts last year. Authorities there have coined the thefts of the popular iPhone and other Apple-related products as “Apple-picking.”

THE ASSOCIATED PRESS

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Tories just don't understand, import-export group says

Tariff changes. Head of association charges new budget will negatively impact both businesses and consumers

The head of the Canadian Association of Importers and Exporters has launched a blistering attack on the Conservative government for what she's calling its "quest for cash" that is hurting business and will cost consumers.

Joy Nott, the president of I.E. Canada, is wading into an ongoing dispute between a coalition of television importers and the Canadian Border Service Agency over what critics are calling the Harper government's "iPod tax."

Times are a-changin'

A spokesman for the finance minister said changes were "long overdue" because the system punishes Canadian companies by giving "special breaks" to emerging powers like Brazil, China, South Korea, and India based on decades-old program.

TV importers have evidence the government has given them bad advice on tariff exemptions that Ottawa intended to later claw back, including tariffs on TVs, computer speakers and MP3 players, such as iPods.

But Nott says the problem runs deeper, and that major tariff changes announced in Finance Minister Jim Flaherty's March budget will have a ripple effect on Canada's import-export community — and consumers. The budget prominently stated that import duties on some popular sporting goods would be dropped. But buried in the back pages it also noted that Canada would be "graduating" goods from 72 countries to a higher tariff classification, starting in 2015. The measure will bring in $333 million annually, said the government.

"Quite frankly, the single line about the (General Preferential Tariff) changes actually has a much wider and much more negative impact on the ultimate consumer than duty give-aways on cricket bats and hockey sticks and whatever," Nott said in an interview.

She called the sporting goods tariff cuts "almost like a smokescreen." THE CANADIAN PRESS

Monkey snaps up $76,680

They're askew and out of focus, but a set of photos taken by a talented chimpanzee named Mikki sold at auction Wednesday for 50,000 pounds ($76,680). The blurry images of Moscow's Red Square were snapped up by a Russian buyer during a sale of Russian photography at Sotheby's in London. Mikki was trained to take photos in the 1990s by Russian conceptual artists as part of a project to challenge concepts of artistic value. THE ASSOCIATED PRESS

Housing market

Boost in permits throws analysts

Canada's housing market continues to confound in its resilience in the face of forces that point to a correction from sky-high levels. StatsCan reported that building permits jumped 10.5 per cent in April — 21 per cent on the residential side — a shock to economists who had expected an overall three per cent decline. THE CANADIAN PRESS

Market Minute

DOLLAR 96.66¢ (-0.01¢)

TSX 12,443.65 (-150.32)

OIL $93.74 US (+ 43¢)

GOLD $1,398.50 US (+$1.30)

Natural gas: $4.00 US (+.01¢)
Dow Jones: 14,960.59 (-216.95)

Cuckoo for Cronut puffs

Foodies pack N.Y. shop for croissant-doughnut treat

Oh, the pull of that elusive reservation at the hot new restaurant. And, double oh, the sweet and fatty decadence of a well-made dessert. Combine the two emotions and you've got the Cronut.

There's a Manhattan-style frenzy for the croissant-doughnut hybrid that went on sale in limited quantities about three weeks ago at the tiny shop of French chef Dominique Ansel. Lines are 100 strong most mornings, including some who show up two hours before doors open waiting for the "little bite of heaven." THE ASSOCIATED PRESS

How'll we know what it is?

French CBC's new name omits 'Radio' and 'Canada'

The French-language CBC has announced plans to change its name. Radio-Canada will lose the words, "radio," and "Canada."

Instead, the federally funded broadcaster will be known in French by the name "ICI" — which means "here," in French. The name change had been rumoured for months but was made official Wednesday with an announcement from the Crown corporation.

Founded in 1936, the institution says the change will allow for greater uniformity. THE CANADIAN PRESS

Easy spirits

Airline starts serving wine in cans

Spirit Airlines is thinking outside the bottle. The low-cost Miramar, Fla., carrier known for extra fees and cheeky ads is now pouring wine out of aluminum cans.

Starting this week, passengers can purchase white moscato or strawberry moscato wine from Friends Fun Wine, a Florida company. Spirit will continue to sell mini bottles of Sutter Home. The can is larger but doesn't pack as much of a punch: six per cent alcohol compared to Sutter Home's 13 per cent.

Spirit likes the cans because they are easier to stack and store and weigh less. THE ASSOCIATED PRESS

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ASS IF YOU NEED TO SPOIL IT...

HE SAYS

John Mazerolle
metronews.ca

If you spoil TV shows or movies on Facebook and Twitter you are (SPOILER ALERT) a giant ass.

As anyone with social media likely knows, whether you wanted to or not, something big happened this weekend on the TV show Game of Thrones — something that led to an outpouring of emotional responses usually reserved for terrorism and/or Justin Bieber.

I watched it the very second I could, even though that meant spending $25 for a cab ride to get to a night shift on time. Why? Because I knew that even with the scant number of people I haven't blocked in my Facebook feed (12 as of press time), there would be some goofus or other who would need to make a joke about whatever they saw, everybody else's enjoyment be damned.

And I was right. Some men have no honour.

I'm perfectly OK with people saying, "OMG!" or "WTF!" or any other bit of Internet alphabet soup, but after that let it end. A boss of mine had the episode ruined by her dentist, for goodness' sake.

Saying specifically what happens during a show in a tweet or status update is wrong, full stop. I have an Old Testament view of this. It's wrong. There is no grey.

At worst, it shows you lack empathy and don't care if you're ruining it for other people. At best, it makes you that guy who says, "Ooooh, this part coming up is FUNNY. Watch it. Watch it!"

If that's the best you can hope for, it's time to re-evaluate your life.

Some people argue that if you don't want to be spoiled you shouldn't use Facebook and Twitter, but that's ridiculous. That's how people talk to each other. That's our email and calendar. It's a big room we all talk in, and giving stuff away in one sentence is like walking up to someone the day after Empire Strikes Back and saying, Homer Simpson-like, "I can't believe he's Luke's father!"

If you were talking to somebody in person, you'd ask if they saw it first. If you want to talk about it online, provide a link to your longer, spoilery thoughts.

I also don't buy the statute of limitations that says after a while spoiling is OK. I'm sour that by the time I got to Psycho and Citizen Kane I knew the twists, and I've stayed away from The Sopranos and Lost because I know how they end. (SPOILER: In the last episode of Lost, it's revealed the show sucks.)

It's been said that it's your responsibility not to be spoiled. Nonsense. That's as stupid as the argument that a hockey player who gets his head smashed into the boards shouldn't have had his backed turn in the first place, or that a doored cyclist shouldn't have been driving in heavy traffic anyway.

Remaining spoiler-free is an act of self-restraint in a world of information overload. Every viewer knows that they can know everything that happens before a show even airs by taking their smartphone out of their pocket, yet they choose to remain blissfully unaware.

Ending that for them is like walking up to someone on a diet and shoving cake in their mouth. Whether dinner or entertainment, you shouldn't spoil it.

ZOOM

Eat your art out

Didn't your mother teach you not to play with food?

Food artist Ida Skivenes adds a whole new meaning to 'artistic taste' with her recreations of famous masterpieces. The Oslo-based geographer uses toast as her canvas and adds vegetables, cheeses and fruits to complete her 'paintings.' Her series includes remakes of works by Munch, Van Gogh and Vermeer. **METRO**

IDA SKIVENES/IDAFROSK.COM

Nom nom nom

30

minutes is how long Skivenes takes to complete a culinary recreation. Skivenes' book, Eat Your Art Out: Playful Breakfasts By Idafrosk (her nickname) is due in October.

Q and A

A toast to the edible canvas

IDA SKIVENES
Human geographer and food artist, 29, from Oslo, Norway

How did this nifty culinary project come about?
In June of last year, I joined Instagram to reconnect with my love for photography once more. The food art just happened along the way by way of a happy accident. I had seen some food art online, did my own version and posted it. After that I tried my own ideas and it turned out I had an eye for making art with food.

So you eat your artworks?
Yes, everything is made to be, and is, eaten.

What's the hardest part in remaking famous paintings?
It's recreating the mood and the 'light' in them — and getting all the small details in place.

What do you hope viewers will take away from your work?
I want people to get curious about how art and food are connected. **METRO**

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

So you channel a bit more clumsy Tim Taylor than careful Mike Holmes on the DIY front — no big deal. Learning to do things yourself, from homemade pies to home pages, has never been easier. Avoid looking like a fool (or paying for help), and learn to cook, build, create, and fix pretty much anything with DIY sites.

ISTOCK

VideoJug.com
"Get good at life." Their tagline says it all. Professionally made vids teach you how to cook, clean, play cricket and even kiss (with choice of passionate, creative or first kiss).

Howcast.com
Though learning to swim online might not be the best way to go, Howcast at least gives you the option. It can also teach you to 'deal with summer traffic,' if that's more your bag.

Wonderhowto.com
From Minecraft to makeup, Wonder How To has videos, info graphics and forums to help you master useful and completely useless skills — this one truly is "wonderland for your inner nerd."

Twitter

@metropicks asked: Atari games rumoured to be buried in a grave in New Mexico will be dug up by a team of Canadians. What game do you want brought back?

@rmmtenterprises: pacman

@msjenn28: frogger.Loved that game. Use to play it at the lake on rainy days only as we always went outside when it was nice

Follow @metropicks and take part in our daily poll.

Comments

RE: Rise Of The Promposal: High School Proms Just Ain't What They Used To Be, published June 4

And you thought teen pregnancy was bad. Now they just get married way too soon for no real reason. Why is youth wasted on the young?
terry mckinney posted to metronews.ca

We just attended our daughter's and I would have to say it is only as good as what you put into it, it's a shame people do not try harder as it is one day you should remember.
Justme posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

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SCENE 2

Find Lost Ottawa, or get lost

History. A new Facebook community is helping people connect to the history of the city around them

BACKSTAGE PASS
Samantha Everts
ottawa@metronews.ca

Lost Ottawa, a new Facebook community that explores the city's past through pictures and stories, is quickly gaining likes since launching just a few months ago.

With new content being posted daily, the site is devoted to images of Ottawa and the surrounding area dating from the founding of the city, to the year 2000.

The man behind it is David McGee, Canada Science and Technology Museum's archivist.

"It's kind of interesting because it's very different from the history I do as a professional, so to speak," says McGee, who maintains the page on his own time.

"I have a PhD in history of science and technology and the history I do is very academic, let's say, whereas this stuff is quite different because it really is about the community and the stories that people have."

Since launching the page in March, Lost Ottawa has already gained more than 4,000 Facebook likes, easily surpassing other local historic Facebook pages like Heritage Ottawa and City of Ottawa Archives.

The majority of the pictures posted on Lost Ottawa come from Library and Archives Canada but fans of the page are also encouraged to submit their own photos.

"When you think of it, in a funny way, the last 50 years of Ottawa's history is kind of still in people's closets and shoe boxes. It hasn't gotten into the museums or archival collections yet," McGee says.

He encourages people to dig around in their parents' or grandparents' basements and attics for content to add to the site because those old, personal photos can provide a bit of a deeper look into the history of Ottawa than what we have on record.

"Most of what museums and archives have in their collection are kind of official photos in a way; of monuments and government buildings," McGee explains.

"What people have in their shoe boxes are pictures of their life in the suburbs or in their community. What we've seen through Lost Ottawa is that people really react to those pictures of their lives and not the monuments."

McGee says the most popular posting on Lost Ottawa, so far, is a picture of the now defunct Green Valley Restaurant on Prince of Wales Drive.

"We get quite a few notes from people saying they can hardly wait to get up in the morning and see what's posted and that, I have to say, is very rewarding. It makes you feel like what you're doing is worth it."

Facebook

Don't be lost, find a friend.

- **Online.** Become a fan of Lost Ottawa on Facebook — facebook.com/LostOttawa

Rideau Street looking west toward Confederation Square in the 1940s, showing electric trolleys on their way from Sparks to Rideau. CANADA SCIENCE AND TECHNOLOGY MUSEUM

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Global's array of comeback kids to take centre stage

Winter and fall line ups. Michael J. Fox, James Spader, Blair Underwood and Sean Hayes make exciting small screen returns

Music and movie star Queen Latifah will host The Queen Latifah Show. THE CANADIAN PRESS

Global is touting big comebacks in its fall and winter lineup, as stars Michael J. Fox, James Spader, Blair Underwood and Sean Hayes return to the small screen with new ventures.

Shaw Media — which runs Global as well as a raft of specialty channels including History, Showcase and Slice — is announcing 11 new dramas and seven new comedies for its main network.

They include Hayes' single dad sitcom Sean Saves the World, Spader's FBI thriller The Blacklist, Underwood's cop show reboot Ironside and the family comedy The Michael J. Fox Show, said to be inspired by the Back to the Future star's personal life.

"Michael J. Fox for us was just a huge, huge, huge win," Shaw Media's content boss Barbara Williams said at a news conference Wednesday that outlined its biggest new properties. "This takes him right back to his comedic roots."

Other new fall dramas include the sci-fi adventure Almost Human, about a cop teamed up with a synthetic android in the year 2048; the sultry Dracula, starring Jonathan Rhys Meyers in the title role; and the fantasy thriller Sleepy Hollow, a modern-day retelling of the classic tale of Ichabod Crane and the Headless Horseman. Other fresh fall sitcoms include the Will Arnett project The Millers, Tony Shalhoub and Jerry O'Connell's dating comedy We Are Men and the culture clash comedy Welcome to the Family.

And mid-season will feature the highly anticipated return of Kiefer Sutherland as super spy Jack Bauer in 24: Live Another Day. "Jack is back," declared Williams, adding that this edition of 24 will be a shorter run with just 12 episodes. "It's really exciting." Other mid-season highlights include the Chicago Fire spin-off Chicago PD, "Crossbones, starring John Malkovich as the legendary pirate Blackbeard; Rake, featuring Greg Kinnear as a criminal defence lawyer; and the Canadian medical drama Remedy.

New mid-season comedies include About a Boy, starring Minnie Driver as a single mom raising her 11-year-old son, and the homegrown sitcom Working the Engels, about a "ne'er-do-well family" forced to take over their father's legal business. On the daytime side, music and movie star Queen Latifah joins the roster with her new talk show The Queen Latifah Show, featuring musical performances and celebrity guests. But it won't just be about famous people, the rapper-turned-business woman said, noting she was eager to find remarkable unknowns who have made a big difference in their communities.

"It's not just the A-list celebrity," she said. "For me, the dream guest is the everyday people who are amazing."

Williams touted big names helming new projects on Shaw's specialty channels as well, including Alan Thicke in the Slice reality show In the Thicke of It. The winter series will centre on the former Growing Pains star, his wife and three children.

Rebecca Romijn stars in the Showcase police drama King & Maxwell, Julia Ormond toplines Lifetime's fall series Witches of East End and Rob Lowe plays President John F. Kennedy in National Geographic Channel's fall two-hour docu-drama Killing Kennedy.

Returning Slice series include Big Brother Canada, Mob Wives, and Real Housewives of New Jersey, Beverly Hills, Atlanta, New York and Miami. But the Real Housewives of Vancouver will not be back while Shaw reconsiders cast and possibly location, said Williams.

Over on Food Network Canada, Top Chef Canada will return for more culinary competition, while Chopped Canada debuts in winter 2014 with host Dean McDermott. Also new is Cutthroat Kitchen, Guy & Rachael's Kids Cook-Off and Trisha's Southern Kitchen, featuring music superstar and cookbook author Trisha Yearwood.

THE CANADIAN PRESS

And there's more

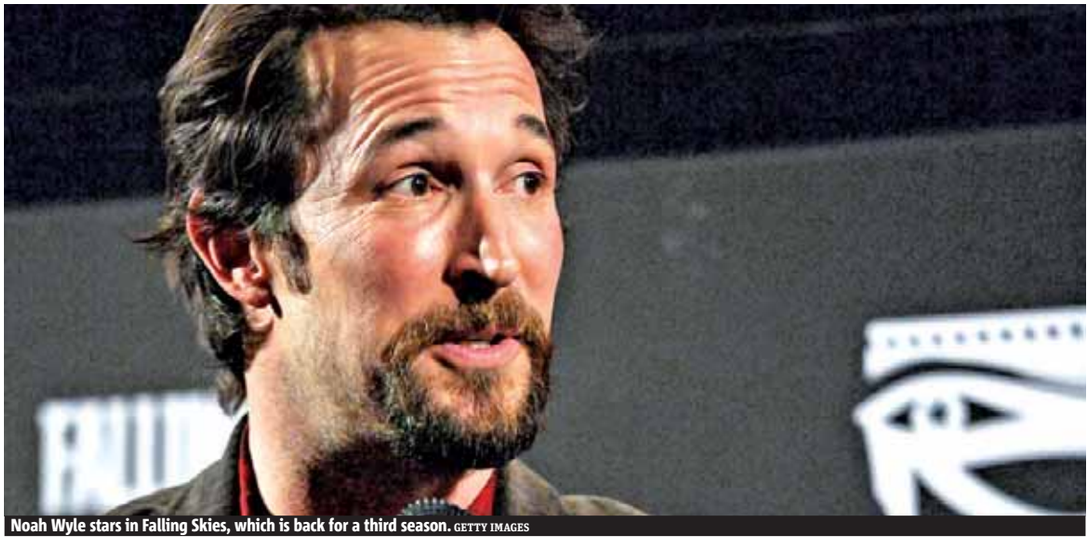
Other new specialty series include the following:

- **Showcase's sci-fi series Helix**
- **Lifetime and History's simulcast of Bonnie & Clyde**
- **History's Martian War, which re-imagines the First World War as an alien invasion**
- **DIY's fall series Vanilla Ice Goes Amish, which sees the rapper-turned-home renovator live and learn from Amish builders.**
- **HGTV Canada's Real Potential with Sarah Richardson and Undercover Overhaul with the Cousins featuring the Kitchen Cousins stars Anthony Carrino and John Colaneri.**
- **Returning Global series include Bones, Chicago Fire, Elementary, Family Guy, Glee, Hawaii Five-0, NCIS, NCIS:LA, The Simpsons, Survivor, The Good Wife, Parenthood, Bob's Burgers and American Dad.**

Chicken Little was right, the sky really is falling

Interview. Noah Wyle, star of Falling Skies, talks about what it's like working on a chaotic set where they're often caught running from aliens and changing scripts

NED EHRBAR
Metro World News



Noah Wyle stars in Falling Skies, which is back for a third season. GETTY IMAGES

With the third season of Falling Skies kicking off this week, star Noah Wyle — who plays Tom Mason — is remarkably candid about the hit sci-fi series' strengths and weaknesses.

"I don't think there's anybody involved with this show that's more objective about it than I am, that is willing to point out its faults as well as its assets more than me," the former E.R. star tells Metro.

He also says he's learned a lot of lessons about parenting during an alien invasion that can be applied surprisingly well to raising kids today.

After three seasons, do you think Falling Skies has found its footing?

This is a weird show in that I still don't feel like we've reached our full potential because every year we do something that kind of hobbles us, that's a self-inflicted wound. And yet they turn out pretty well as a result. I'd be really curious to see what we'd be able to accomplish if we didn't stand in our own way so much.

How do you mean?

Everything from scheduling to how much time we get scripts beforehand to casting. Maybe I'm spoiled because by the time E.R. was off the air it was such a well-oiled machine that it just ran so smoothly. But for example, last season, season two, they wrote this wonderful role for a guest star, for a woman who was a pilot. You could've cast anyone from Kathy Bates to Alfre Woodard — and we went after both of them to do it — but it took a long time to pull the trigger on making those offers. The breakdowns didn't go out until a week or 10 days before the episode started shooting, so you have one shot, basically, and if they say no then you're scrambling. And if you scramble too much, then you're going to run into a Visa issue bringing in an American actor to Canada. And as a result, you cast locally and a part that could've been really great, you end up whittling down to very little on the show, which is an unfortunate side effect. I don't know how we get around this, how we could do this better next time, but it's unfortunate that it happened this way.

Your character's had three sons throughout all of Falling Skies, and now there's a new addition. What have you learned about parenting during an alien apocalypse?

There's always a threat. We could all be attacked at any moment. Their own longing to be autonomous and independent is going to foster this real push-pull ambivalence about how to parent them. In the beginning it was all about giving his youngest son some semblance of a childhood in the context of this horrible situation. And then at the end of the second season and the beginning of the third, his new philosophy is that the kindest, most responsible parenting philosophy he can espouse is to arm his kids and train his kids and hope that they can defend themselves, and then maybe their kids will have the childhood that they were robbed of — that he's doing them a disservice by trying to shield them from any of these horrible realities.

One final question

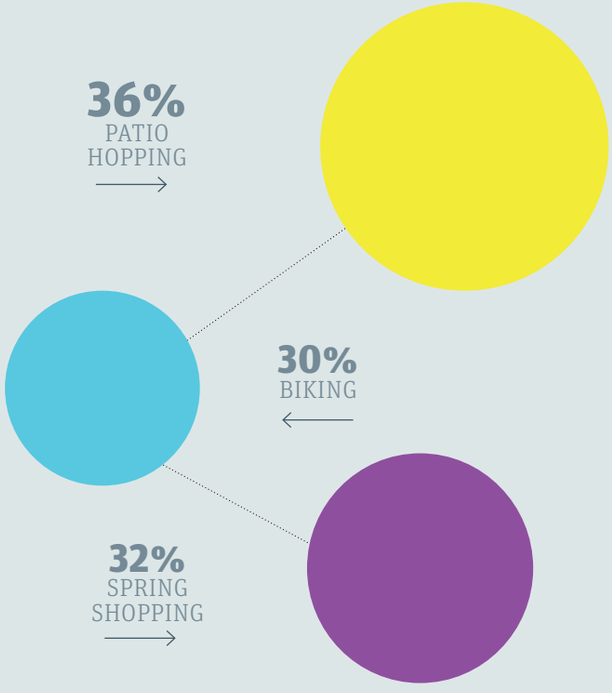
That's an interesting parallel to the backlash that's been going on to over-protective parenting.

- **Quote.** "The everybody gets an A thing? As a parent of two kids, I walk that line. In a lot of ways the filters that protected kids from the more mature aspects of our society are no longer there. You can turn on a TV just about any hour of the day and see just about anything under the sun. You can download anything from iTunes, you can see everything from graphic violence to sex in a video game, and so it's tough to be a parent these days and to try to allow access to all these different things at age-appropriate levels — especially when you're competing against other parents that don't think the same way you do. You're up against, 'Well, Bobby gets to watch it' and 'Cindy gets to see it.' So on a relative scale, I can appreciate what Tom's dilemma is, about wanting to allow kids to be kids for as long as they possibly can because that time is getting shorter and shorter," Noah Wyle said of the backlash.

Metropolitan Panel

Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca

*Selections were not exclusive of each other and included other activities.

Amanda Bynes ALL IMAGES GETTY

Playboy offer seems to be a tempting Tweet for Bynes

The repercussions of Amanda Bynes' erratic behaviour aren't all bad, apparently, as the troubled former child star has been invited by Playboy Radio to co-host its afternoon show for a day. The folks behind the offer were smart enough to reach out to Bynes via her preferred communication medium, Twitter, and she's apparently open to the idea, as she re-tweeted their offer.

Jennifer Love Hewitt

Love Hewitt loved up, engaged AND pregnant

Jennifer Love Hewitt and her Client List co-star Brian Hallisay are getting married — and expecting a baby. "This is a wonderful time and we are looking forward to starting our family," the couple says in a statement. There's no word yet on a wedding date or a due date. Hewitt first met Hallisay while making the NBC series Love Bites, but they did not start dating until last year. Hallisay proposed last month while they were vacationing in Europe.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Paris Jackson hospitalized after possible suicide attempt

THE WORD
Dorothy Robinson
scene@metronews.ca

Being 15 is hard. Being 15 when you don't have a father, your mother was pretty much bought solely for her uterus, your family legacy is complicated (to say the least) and you are extremely wealthy must be almost unbearable. So I feel for Paris Jackson, I really do. The 15-year-old daughter of Michael Jackson was hospitalized early Wednesday morning in what is being described as a "possible suicide attempt." Reports flew around the Internet yesterday that the attempt was either carried through via drug overdoes or cuts to her wrist after being removed via stretcher from her Calabasas, Calif., family house she shares with her legal co-guardian Katherine Jackson. TMZ.com reports that the teen was upset about not being able to go to a June 6 Marilyn Manson concert. Sadly, her Twitter page has been filled with depressive tweets as of late. The most recent one is: "yesterday, all my troubles seemed so far away now it looks as though they're here to stay."

Will Smith and Jada Pinkett Smith

Jada says she'd never abandon hubby Will once the kids are alright

While she and husband Will Smith have battled their share of breakup rumours in the past year, Jada Pinkett Smith is standing by her man. "What is the one thing that Will could do to make me not love him? That would make me abandon him? I can't think of one, I'm sorry," she tells Redbook magazine. "Except if he did something bad to the kids — now we've got a problem."

Twitter

@Rihanna
Got the keys to #CoCoChanels apartment!!! Yesterday=Most Legendary day in Paris!!!!

@TheRealRosanne
today was my third earthquake in a month-

@pattonoswalt
As the Ambien drapes its sleep-shawl over my eyelids, it whispers, "Stay on Twitter. Let the world know my garbled wisdom."

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A product junkie gossips

Beauty. Tika Sumpter has a flawless face and weakness for budget beauty products. We look inside her makeup bag.

ROMINA McGUINNESS
Metro World News

Tika Sumpter currently stars in the upcoming series The Haves and the Have Nots on the Oprah Winfrey Network. MICHELLE BOBB-PARRIS

Cover Girl Queen Collection Natural Hue Bronzer in Ebony Bronze

"I love it because it contours without making your face look contoured. It just gives it extra dimension."

COVERGIRL.COM

Tarte Cosmetics Matte Lip Tint in Exposed

"I'm a no-fuss makeup person and this colour is so easy and wearable. I don't like lip gloss because it comes off easy but this stuff — even if it does come off, you can just throw it back on."

TARTECOSMETICS.COM

Make Up For Ever HD Foundation in Coffee

"It's so light on your skin it barely feels like you have anything on. You just need to make sure you blend it in properly, especially where your face ends and your neck begins."

MAKEUPFOREVER.COM

House of Lashes Au Naturale Hollywood Glam Lashes

"You would think these (are too over the top) but when you put the lashes on, you look insane. They will change your life."

HOUSEOFLASHES.COM

Tika on:

Her beauty takeaways from Gossip Girl and Sparkle

"Gossip Girl was a very clean show. They didn't do heavy makeup. But the movie Sparkle introduced me to '60s makeup, which I'm now obsessed with. If you're going to line my eyes, it now has to be the blackest liner possible."

Her favourite DIY beauty elixirs:

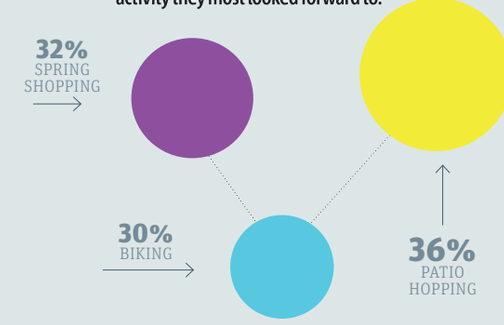
"At night, I take a washrag, add a pump of coconut oil and remove my makeup with hot water. Then I wash my face with the Murad AHA/BHA Exfoliating Cleanser (murad.com) and moisturize with a dab of Keri lotion. I do the same in the morning, minus the oil."

Her go-to complexion fixer:

"I'm pretty religious with my skin care. But sometimes, I come home and I'm like, 'I don't care!' And when I wake up, my pillow is covered in makeup and I can hear my pores screaming. To fix things, I'll apply the Queen Helene Mint Julep Masque (queenhelene.com). It shrinks your pores and dries up pimples."

Metropolitan Panel — Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



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*Selections were not exclusive of each other and included other activities.

Cream-heavy Pasta Primavera slims down for the summer

This recipe serves six. It contains 390 calories and seven grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is my light version of Pasta Primavera, which is usually made with a heavy cream sauce loaded with calories and fat.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Just before the pasta is cooked, add the broccoli, snow peas, red peppers and green peas to the boiling water, and cook for 2 minutes. Drain and place in serving bowl. Add tomatoes, basil, parsley and cheese.

2. Meanwhile, make the sauce: In nonstick saucepan, melt margarine; add flour and cook for 1 minute, stirring constantly. Slowly add milk, stock, garlic, and salt and pepper; stir constantly until sauce slightly thickens, approximately 4 minutes. Add 1/4 cup grated Parmesan cheese until melted. Remove from heat. Add to pasta, garnish with 1/3 cup grated Parmesan and toss well. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 12 oz linguine
- 1 1/2 cups chopped broccoli
- 1 1/2 cups chopped snow peas
- 1 cup sliced red peppers
- 1 cup frozen green peas
- 1 2/3 cups chopped tomatoes
- 1/2 cup chopped fresh basil
- 1/4 cup chopped parsley
- 1/3 cup grated Parmesan cheese

Sauce

- 1 tbsp margarine or butter
- 2 tbsp all-purpose flour
- 1 cup 2% milk
- 1 1/4 cups chicken stock
- 1 1/2 tsp crushed garlic
- Salt and pepper
- 1/4 cup Parmesan cheese

For your phone

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Mind Watering (iPad; $4.99)

With ingredients perfectly laid out, timers at the ready and page-turning voice commands, this very visual step-by-step cookbook of 51 recipes and tricks is deliciously organized.

Metro Exclusive

Cook with Vikram Vij and Metro

Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream tonight at 9 ET/6 PT at metronews.ca/vijcooklive. Don't have your ingredients yet? Go to metronews.ca to download a shopping list so you can hit the store on your way home. You can also get a copy of the recipe so you can follow along as Vij cooks live. You will also be able to tweet him at #VijCookLive. METRO

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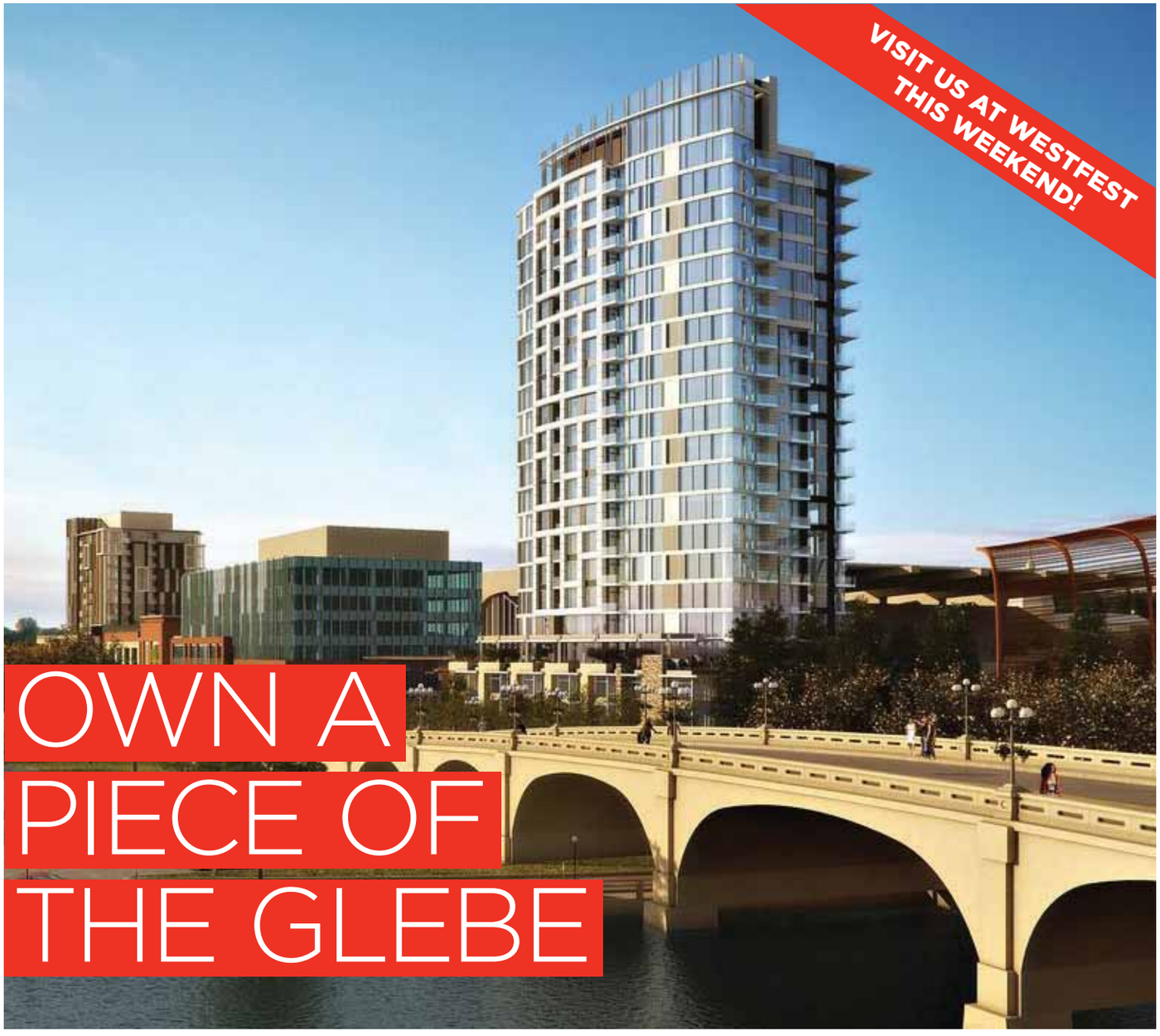

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Decorating trends for the cool kids

In a few weeks school will be ending for many elementary school children. With a week or two lagging before summer camp, it's a great time to get them organizing and sprucing up their bedrooms. Online shopping is easier than ever, so maybe it's time to let the kids be creative and do a little shopping for ways to 'trend-up' their room; of course you will want to keep your credit card number a secret! Here's a few smart decor items to create an on-trend wonderland.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Best drama paint

Want a paint colour that looks as perfect with denim blues as with hot pink? Try Para Paint's honey brulee PF55 for a punch of acidic gold to wake up any space. para.com.

Sleeping in space

When the lights go out you're off to outer space with the photorealism of the Astronaut Duvet Cover Set, $95, Simons.ca.

Dream Beds

Gypsy prints inspire hours of mind-wandering and writing in diaries with the Daydreamer Quilted Collection, $48 to $228, anthropologie.com.

Keeping it organized

Keep everything organized with fabric-covered boxes and totes. Geo Storage Boxes, $29 to $39, potterybarnkids.ca.

Removable wall art

Direct traffic in and out of your bedroom with iconic road signs that are peel and stick easy! Road Signs, $35 set of 14 stickers, wallpops.com.

Earth under foot

Play on top of the world with the Trompe L'Oeil Earth Floor Mat, $175 (4x6), urbanoutfitters.com.

Sit pretty

Create a whimsical wonderland bedroom with a colourful crocheted toadstool. Mushroom Pouf, $168, anthropologie.com.

METRO CUSTOM PUBLISHING

THE REAL ESTATE EDGE
BY MARNIE BENNETT

THE SECOND ANNUAL OTTAWA CONDO SHOW

This time last year, I was eagerly anticipating our first ever Condo Show. Like a first-time parent, I was both excited and nervous. I didn't know quite know what to expect. Today, as we send out invitations for the second annual Ottawa Condo Show, those nerves have given way to pride: our baby's growing up!

My team and I know our way around the city's condo scene. And it's been our experience that, as prospective buyers travel from sales centre to sales centre, shoppers' fatigue can set in pretty quickly. Though it had never been tried before in Ottawa, it seemed like a no-brainer. For one day, we'd gather those sales centres in one central location, giving the public a rare chance to investigate the options in one fell swoop.

So last summer, for the first time, Bennett Property Shop Realty invited builders from across the Ottawa region, representing condos of every description and price range.

Did it fly? It did. Over 400 people attended, and our workshops were jam-packed. The feedback confirmed our suspicions: buyers appreciated that we were saving them legwork, and giving them quick access to projects they might have missed. For many, it sped up the condo shopping process significantly.

This year, we've got more builders and more condos – from pre-construction to immediate occupancy, from entry level bachelor condos to luxury penthouses. Builders are offering exclusive savings – up to $10,000 in some cases. We've got a booth dedicated specifically to resale condos. And again, we're offering workshops on topics ranging from financing with Scotiabank to interior design with Kiki Interiors.

I'm particularly thrilled to announce that Olympic hopeful Cody Sorensen will be on hand – bobsleigh in tow – to meet the public, sign autographs and talk about what inspires him. The Bennett team is extremely proud to be Sorensen's official sponsor. We believe in dreaming big, and it doesn't get bigger than Olympic gold.

So we hope you'll join us at 190 Lisgar Street on Tuesday, June 18. Visit www.ottawacondoshow.com to register for your VIP pass.

BENNETT PROPERTY SHOP REALTY

Marnie Bennett, broker, marketing director for Bennett Property Shop Realty, a full premium service real estate brokerage specializing in marketing and selling new and resale homes, condominiums and investment real estate. OTTAWAREALESTATEEDGE.COM

Summery decor can brighten your home during any season

Seasonal. Designers offer tips on using summer as your decorating inspiration

A kitchen designed in teal with white cabinets. Teal is one of designer Brian Patrick Flynn's go-to colours for adding bold, Caribbean style to interiors. BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS PHOTO

The sun-drenched colours and windswept beachfront textures of summer provide ample inspiration for indoor decorating. THE ASSOCIATED PRESS PHOTO/LUCAS STUDIO, INC.

The sun-drenched colours and inviting textures of summer provide plenty of decorating ideas. The trick is doing it right: A summer-inspired interior can become a tacky, tropical disaster if it's done with too heavy a hand.

But with a light touch and strategic choices, your home can be brightened all year long by the fleeting beauty of summer.

Above all, "do not be literal with summer," says Los Angeles-based designer Betsy Burnham. Avoid putting up a sign that says, "Gone Fishin'" or displaying a collection of seashells on a table, she says.

Instead, try examining the colours inside a handful of shells, then decorating a room in those shades. Or upholster one piece of furniture in crisp, summery linen, rather than slip-covering an entire room that way.

Designer Joe Lucas of Lucas Studio in West Hollywood, agrees: A life preserver with the words "To the Beach" painted on it may not be something you want to hang up, he says, even if you really live a block from the beach. But a mix of sand-coloured paint and ocean blue fabrics can be a tasteful reminder of summers by the shore.

Here, Burnham, Lucas and decordemon.com founder Brian Patrick Flynn offer tips on successfully using summer as your design inspiration.

Summer relaxation

"Summery interiors are best described as relaxed," Flynn says. "While autumnal and wintry spaces are packed with rich velvets and earthy palettes, summery spaces are super-light, unstructured and pretty darn casual."

Flynn uses deliberate contrast to point up that casual feeling: "I like to juxtapose super-relaxed elements such as slipcovers or bedding made from washed linen with super-tailored elements such as tailored tartan or pinstripe accents. The result is preppy, but still casual."

Summer is distinctive colours

One option is a palette of muted summer colours (sandy beiges, soft driftwood greys, nautical blues), which can be used throughout a room without overpowering it.

Lucas is a fan of very pale grey wall colours that include just a hint of green or blue. They look great alongside natural, pale wood furniture.

Flynn recommends "washed-out blue" wall colours, such as "Krypton" by Sherwin-Williams or "Drenched Rain" by Dunn-Edwards. "Blues with the perfect amount of grey in them tend to be timeless and also work as new neutrals — colours with tons of personality which tend to work well with almost every other hue out there, as opposed to boring beiges and taupes."

These muted blues pair beautifully with white, he says: "The mix of blue and white together is totally timeless, plus it can be mixed up in many different ways to update the look. Almost all colours accent blue and white well."

The other summery option is to go vivid, using grassy greens, geranium reds, deep corals and the teal of tropical waters. Done right, these colours can elevate the look of a room.

"I'm a huge fan of teal and coral," Flynn says. "I especially love them together, since it strikes the perfect balance of feminine and masculine."

Summer is painted wood

"People always think that they have to have their wood finished in a stain," Burnham says. "Why not a painted finish? Paint your bookcases white ... It's summery, but livable year-round. Or try painting a floor somewhere in your house, like a guest room floor."

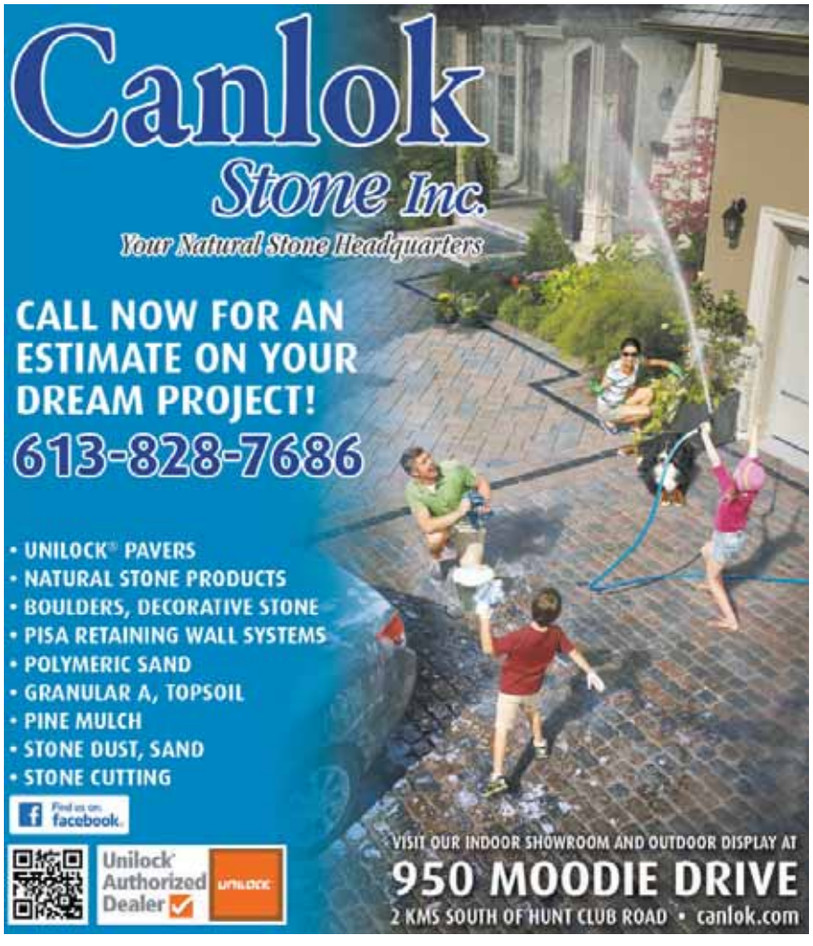
Lucas agrees: "We're always pushing clients to paint out their dark cabinets," he says. "Everyone thinks their library has to be stained a rich mahogany or dark walnut," but there are better approaches. "Paint it an off-blue-grey or lacquer it a fun, brighter colour."

Summer is natural textures

"Summery textures really make you want to curl up, kick your sandals off, and just escape with a book or magazine," Flynn says. "I use tons of linen in summer-inspired spaces, as well as cotton and textured wovens." Also, he says, "sea grass and sisal are other summery textures which will never go out of style."

The key with these materials, says Burnham, is moderation. Materials like rope or weathered wood are great "as long as you don't have a room full of any of those items. One sisal carpet, a rattan chair or a rattan seat on a wood chair," is all you need, says Burnham.

Also, "glass is summery," she says, "but not cut glass. Not Waterford crystal. Just really simple, New England looking pieces. Really simple glassware on a shelf." THE ASSOCIATED PRESS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*Do not use on unfinished wood, oiled or waxed wooden boards, non-sealed tiles or carpeted floors because they may be water sensitive.

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APARTMENT LIVING IS ECO-FRIENDLY

You can take pride in knowing that apartment living is eco-friendly. Apartment renters use 65 per cent less energy per household than people who live in houses. Renters have shorter commutes, take transit more and walk to their destination more, according to a recent report by the Federation of Rental Housing Providers of Ontario (FRPO) called "Apartment Living is Green."

PEOPLE WHO LIVE IN APARTMENTS:

- Use 40 per cent less water per person
- Produce 60 per cent less waste
- Have 10 km shorter commutes

"The typical apartment is surrounded on either side by another apartment and one above and below. This configuration makes it less expensive to heat and cool, compared to a detached house. Even townhomes and duplexes use less energy than a house," according to the report.

Not only do apartment residents generate less waste, but collecting the garbage from apartment buildings requires less trucks because hundreds are at one stop as opposed to driving to hundreds of houses spread over a wider region. This cuts down on traffic congestion and lowers gas emissions.

Only 50 per cent of apartment renters drive to work as opposed to 74 per cent of homeowners.

New apartment buildings feature recycling "carousels" that allow residents to the chute according to what material is being discarded. Glass, cans, paper and other recyclables all fall into different bins at the base. Older buildings now designate different days for recycling and regular garbage, more and more community garden plots are popping up in apartment buildings that have the space. Some apartments are experimenting with outdoor composters to divert even more from landfill.

Apartment renters have considerably lower carbon footprints and a higher quality of life, according to FRPO's report. Because they walk to work, and they live closer to their place of business, renters spend less time commuting and have more time for leisure. Renters also add to their leisure time by choosing a lifestyle that does not include shovelling snow, raking leaves, cleaning eaves or any other house maintenance. It's all done for you.

Your environmental conscious can be clear if you're renting. You are much Greener than those who live in a home.

COLLAGE PHOTOGRAPHY/VEER

Article courtesy Sheryl Erenberg. Erenberg is president of Sheryl Erenberg and Associates. Her marketing consulting firm specializes in marketing communities.
Visit sherylerenberg.com

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NHL

Keith suspended for Game 4 in L.A. after high stick

If the Chicago Blackhawks are going to end the Los Angeles Kings' perfect post-season on home ice in Game 4 of the Western Conference final, they'll have to do it without their top defenceman.

Duncan Keith will sit out Thursday under a one-game suspension for high-sticking Los Angeles' Jeff Carter. Keith hit Carter with a one-handed blow in the second period of the Kings' 3-1 victory in Game 3, opening a 20-stitch gash on the star forward's face and cracking three of his teeth.

THE CANADIAN PRESS

Drug testing

No stalling for Vonn on red carpet

Talk about your random testing.

Lindsey Vonn took an unexpected detour during her evening at an awards show — off the red carpet and into the women's bathroom for drug testing.

Lindsey Vonn
GETTY IMAGES

The star skier was at the Council of Fashion Designers of America awards in Manhattan on Monday night when testers from the U.S. Anti-Doping Agency escorted her to the restroom to collect a urine sample. The sample was sent to a lab and results weren't immediately available.

THE ASSOCIATED PRESS

Jays starter R.A. Dickey cracks a double on Wednesday to cash in Toronto's first run in San Francisco. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

A most interesting interleague outcome

MLB. Jays starter Dickey drives in winning run with double, pitches 8-plus innings of two-hit ball in San Francisco

On Wednesday

Blue Jays	Giants
4	0

With his knuckleball dancing, R.A. Dickey once again looked like the Cy Young Award winner the Toronto Blue Jays acquired in the off-season.

Dickey allowed two hits in 8 1/3 innings and sparked a four-run fifth with an RBI double, leading Toronto to a 4-0 victory over the San Francisco Giants on Wednesday.

"He was just about perfect today," Blue Jays manager John Gibbons said. "He had it all going on. He was in the strike zone. Everything was really dancing today.... That's him at his best right there."

Mark DeRosa added a two-run single and Adam Lind had three hits for his eighth multi-hit performance in the past 12 games, helping the Blue Jays earn a split of the two-game series.

Barry Zito (4-4) was done in by the one big inning in his first loss at home since last August.

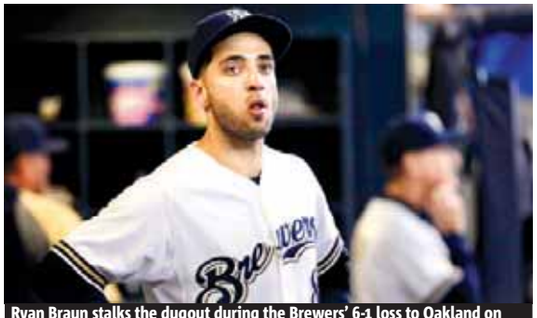
Dickey (5-7) bounced back from a pair of starts in which he allowed six runs each to Baltimore and Atlanta and the back and neck problems that contributed to his slow start in Toronto seem to be in the past.

He was able to change speeds with his knuckler and throw it for strikes all game.

"I was changing speeds a lot today, which was good," Dickey said. "I was able to throw a 63, 64 miles per hour one for a strike and I was able to throw a 79 miles per hour one for a strike. As I've gotten healthier, I felt like I've been able to have the latitude to be able to do that. Before it was just trying to muster everything I could to survive an outing."

THE ASSOCIATED PRESS

MLB just cracking surface of PED probe


Ryan Braun stalks the dugout during the Brewers' 6-1 loss to Oakland on Wednesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

One by one, for three weeks already, players accompanied by their lawyers have been summoned to interviews as part of baseball's latest investigation into performance-enhancing drugs — and the process is a long way from finished.

Some pretty big names, led by Alex Rodriguez, could be on the hot seat.

A-Rod, Ryan Braun, Nelson Cruz, Melky Cabrera and Bartolo Colon are among the 20 or so players who may be disciplined for their links to the now-closed Miami anti-aging clinic, Biogenesis of America.

The players' union says it has been assured no decisions regarding discipline will be made until the interviews are completed.

"It would be unfortunate if anyone prejudged those investigations," union head Michael Weiner said in a statement Wednesday.

And it appears the process has a while to run.

Interviews with players are scheduled until the end of June, according to people with knowledge of the process who spoke on condition of anonymity.

"Every player has been or will be represented by an attorney from the players' association," Weiner said.

MLB has been seeking the co-operation of Biogenesis founder Anthony Bosch since Miami New Times reported in January that it obtained what the paper said were records detailing drug purchases by Rodriguez, Cabrera, Cruz and Colon. THE ASSOCIATED PRESS

Sharapova avoids upset at the Open

Maria Sharapova celebrates match point during her quarter-final match against Jelena Jankovic on Wednesday at the French Open in Paris. CLIVE BRUNSKILL/GETTY IMAGES

Semi-finals set. Defending champ overcomes early jitters against Jankovic, faces Azarenka on Thursday

For one full set, Maria Sharapova was about as bad as can be.

The French Open's defending champion could not direct the ball where she wanted at the start of her quarterfinal against Serbia's Jelena Jankovic. Point after point ended with a mistake by Sharapova — long, wide, into the net, 20 unforced errors in all.

It added up to only the sixth time in 626 career matches that Sharapova dropped a first set at love. She lost all of those others, never even forcing a third set. Sharapova did not go quietly Wednesday, though, turning up the level of her shot-making and the volume of her "Come on!" shouts on the way to beating the 18th-seeded Jankovic 0-6, 6-4, 6-3.

"I wanted to put that chapter behind me," the second-seeded Sharapova said. "No matter how many errors I made or how disappointed I was with the way I started the match, I knew that I still could try to create chances out there; obviously taking them is another question."

Jankovic didn't so much earn her early lead as accept it: Of the 27 points she won in that first set, only two came via her winners.

Down the stretch, Jankovic faded, losing the final four games.

In Thursday's semifinals, Sharapova will face No. 3 Victoria Azarenka of Belarus, the two-time Australian Open champion, who eliminated her friend and former doubles partner, No. 12 Maria Kirilenko of Russia, 7-6 (3), 6-2 to reach the semifinals at her fourth major tournament in a row.

Azarenka, who is 7-5 against Sharapova, summed up their latest matchup of power-based games this way: "Definitely going to be exciting and interesting."

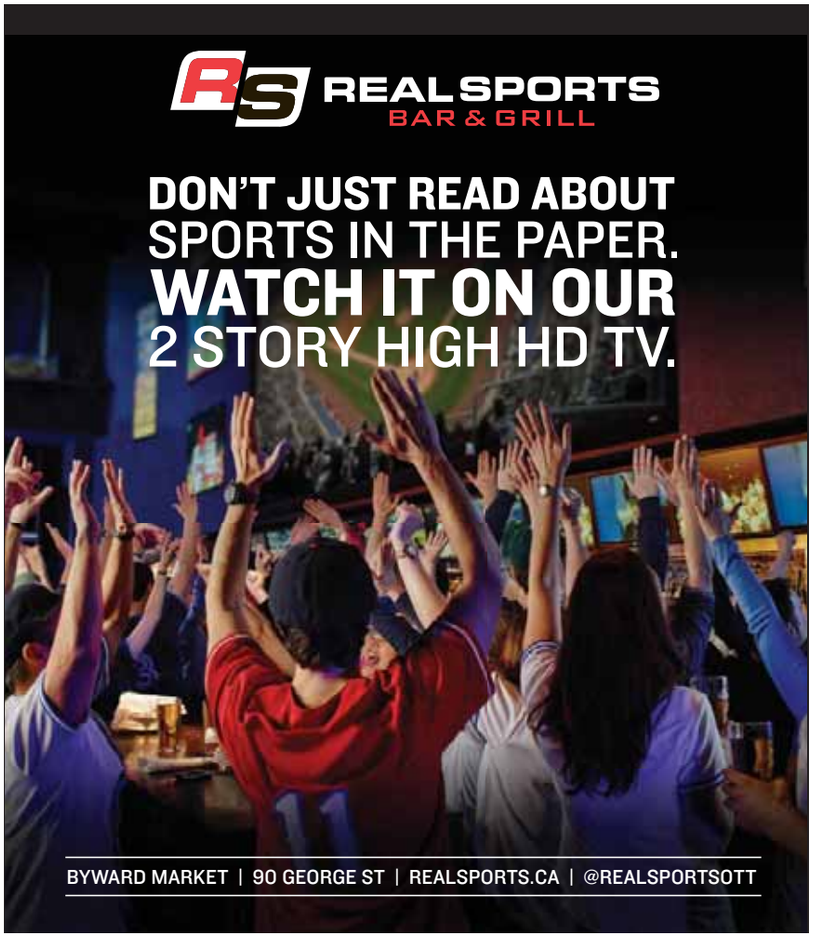
The other women's semifinal is No. 1 Serena Williams, a 15-time Grand Slam champion, against No. 5 Sara Errani of Italy. They won their quarter-finals Tuesday.

THE ASSOCIATED PRESS

Clash of tennis titans

No. 3 seed Rafael Nadal and No. 1 Novak Djokovic will battle in Friday's highly touted men's semifinal

- **Easy passage.** Both advanced in Wednesday's action with straight set victories. Nadal drubbed Stanislas Wawrinka 6-2, 6-3, 6-1, and Djokovic eliminated Tommy Haas 6-3, 7-6 (5), 7-5.
- **The other semi** features No. 4 David Ferrer, who defeated No. 32 Tommy Robredo on Tuesday, and No. 6 Jo-Wilfried Tsonga, who is trying to become the first Frenchman in 30 years to win Roland Garros.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NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 2-0)
Wednesday's result
Pittsburgh at Boston
Monday's result
Boston 6 Pittsburgh 1
Saturday's result
Boston 3 Pittsburgh 0
Friday's game
Pittsburgh at Boston, 8 p.m.
Sunday's game
x-Boston at Pittsburgh, 8 p.m.
Tuesday, June 11
x-Pittsburgh at Boston, TBD
Wednesday, June 12
x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-1)
Tuesday's result
Los Angeles 3 Chicago 1
Sunday's result
Chicago 4 Los Angeles 2
Saturday's result
Chicago 2 Los Angeles 1
Thursday's game
Chicago at Los Angeles, 9 p.m.
Saturday's game
Los Angeles at Chicago, 8 p.m.
Monday, June 10
x-Chicago at Los Angeles, 9 p.m.
Wednesday, June 12
x-Los Angeles at Chicago, TBD
x — played only if necessary

NBA PLAYOFFS

FINAL

(Best-of-7)

MIAMI (1) VS SAN ANTONIO (2)

Thursday's game
San Antonio at Miami, 9 p.m.
Sunday's game
San Antonio at Miami, 8 p.m.
Tuesday, Jun. 11
Miami at San Antonio, 9 p.m.
Thursday, Jun. 13
Miami at San Antonio, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	36	23	.610	—
New York	34	25	.576	2
Baltimore	33	25	.569	2½
Tampa Bay	31	26	.544	4
Toronto	25	34	.424	11

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	31	25	.554	—
Cleveland	30	29	.508	2½
Minnesota	26	29	.473	4½
Chicago	24	32	.429	7
Kansas City	23	32	.418	7½

WEST DIVISION

	W	L	Pct	GB
Texas	35	22	.614	-1
Oakland	36	25	.590	—
Los Angeles	26	33	.441	9
Seattle	26	33	.441	9
Houston	21	38	.356	14

Wednesday's results
N.Y. Yankees 6 Cleveland 4
Chicago White Sox at Seattle
Chicago Cubs at L.A. Angels
Tampa Bay at Detroit
Texas at Boston
Baltimore at Houston
Minnesota at Kansas City
Tuesday's results
N.Y. Yankees 4 Cleveland 3
Detroit 10 Tampa Bay 1
Boston 17 Texas 5
Baltimore 4 Houston 1
Minnesota 3 Kansas City 0
L.A. Angels 4 Chicago Cubs 3
Seattle 7 Chicago White Sox 4
Thursday's games
All times Eastern
Tampa Bay (Hernandez 3-5) at Detroit (Scherzer 7-0), 1:08 p.m.
Baltimore (Gonzalez 2-2) at Houston (Norris 5-4), 2:10 p.m.
Texas (Holland 5-2) at Boston (Lester 6-2), 7:10 p.m.
Oakland (Straily 3-2) at Chicago White Sox (Quintana 3-2), 8:10 p.m.
Minnesota (Pelfrey 3-6) at Kansas City (Davis 3-5), 8:10 p.m.
N.Y. Yankees (Hughes 2-4) at Seattle (Harang 2-5), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	37	22	.627	—
Philadelphia	30	30	.500	7½
Washington	29	29	.500	7½
New York	22	33	.400	13
Miami	16	44	.267	21½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	38	20	.655	—
Cincinnati	36	23	.610	2½
Pittsburgh	35	25	.583	4
Chicago	23	33	.411	14
Milwaukee	22	36	.379	16

WEST DIVISION

	W	L	Pct	GB
Arizona	33	25	.569	—
Colorado	31	28	.525	2½
San Francisco	31	28	.525	2½
San Diego	26	32	.448	7
Los Angeles	25	32	.439	7½

Wednesday's results
Atlanta 5 Pittsburgh 0
Philadelphia 6 Miami 1
Oakland 6 Milwaukee 1
Toronto 4 San Francisco 0
N.Y. Mets at Washington
Colorado at Cincinnati
Arizona at St. Louis
San Diego at L.A. Dodgers
Tuesday's results
Philadelphia 7 Miami 3 (11)
Washington 3 N.Y. Mets 2
Colorado 5 Cincinnati 4
Atlanta 5 Pittsburgh 4 (10)
Milwaukee 4 Oakland 3 (10)
Arizona 7 St. Louis 6 (14)
L.A. Dodgers 9 San Diego 7
San Francisco 2 Toronto 1
Thursday's games
All times Eastern
N.Y. Mets (Marcum 0-6) at Washington (Gonzalez 3-3), 7:05 p.m.
Arizona (Kennedy 3-3) at St. Louis (Miller 6-3), 7:15 p.m.
Philadelphia (Cloyd 1-2) at Milwaukee (Peralta 4-6), 8:10 p.m.
San Diego (Cashner 4-3) at Colorado (Chacin 3-3), 8:40 p.m.
Atlanta (Hudson 4-4) at L.A. Dodgers (Greinke 2-1), 10:10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Someone will call on you to mediate a dispute today and while you would prefer not to get involved, you can't really say no. Look at the facts and deliver your verdict — then get out of the way fast.

♉ Taurus
April 21 - May 21
It may be tempting to get angry with someone who brings you bad news but it's not their fault — and won't solve a thing. Besides, if you are honest, you'll admit part of the blame rests with you.

♊ Gemini
May 22 - June 21
Cosmic activity in and around your birth sign may make all things possible but you still need to select your aims with care. Even a Gemini has only a fixed amount of time and energy to invest. Use it wisely.

♋ Cancer
June 22 - July 23
For some reason, you appear to believe that if you don't act immediately you will miss out. Nothing could be further from the truth. In fact, you should drag your feet a little.

♌ Leo
July 24 - Aug. 23
If you try to please too many people, you will end up pleasing no one. You can't do favours for everyone but you can do favours for those who count the most — or whose need is most urgent.

♍ Virgo
Aug. 24 - Sept. 23
A plan close to your heart is coming together and you are almost ready to announce it to the world. Don't be too hasty. Make sure it's foolproof.

♎ Libra
Sept. 24 - Oct. 23
Don't read into what others say today. Most likely they are talking about things they know nothing about. Trust your instincts, even when they lead you in a different direction than everyone else.

♏ Scorpio
Oct. 24 - Nov. 22
Put the past behind you and move on with a smile. Whatever mistakes you may have made mean nothing now, so why make a big issue of them? Life is a learning experience, with lots of loving.

♐ Sagittarius
Nov. 23 - Dec. 21
Never mind what others expect of you, what do you expect of yourself? That question is important but never more so than now as the approaching new moon maximizes your options. Identify your goals.

♑ Capricorn
Dec. 22 - Jan. 20
You may not be the sort to back out of a fight but you are smart enough not to start one when you know you can't win. Someone you work with may be a drag but they also have all the power, so be nice.

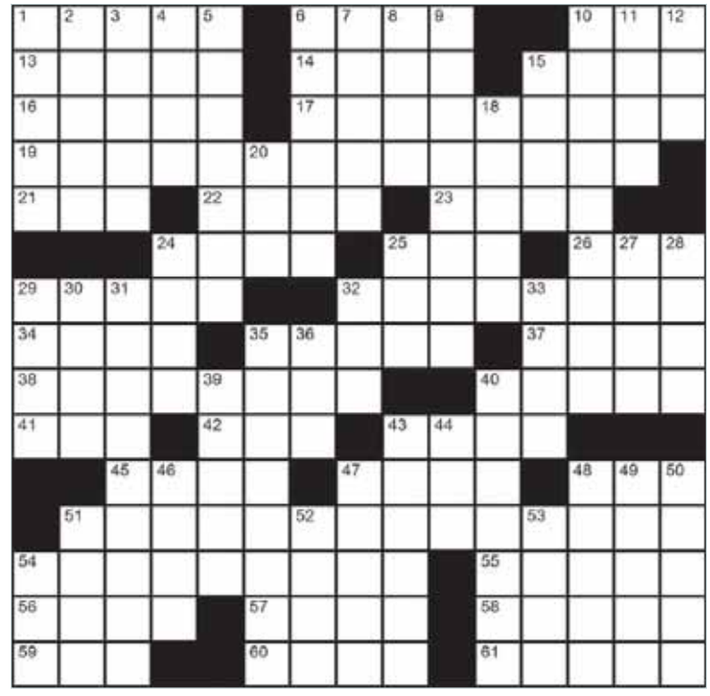
♒ Aquarius
Jan. 21 - Feb. 19
Tempers may get a bit frayed today but looking back you may wonder what all the fuss was about. Still, it's always good to get bad feelings out in the open.

♓ Pisces
Feb. 20 - March 20
Pay attention to a colleague's personal needs today because their interests and your interests are more closely connected than you might imagine. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

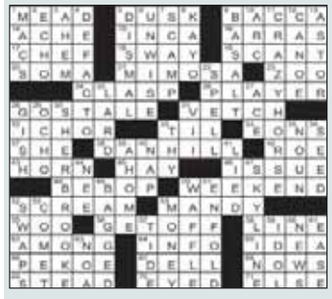
BY KELLY ANN BUCHANAN



Across
1. Bard's below
6. Carlos __ (Spanish tennis player)
10. __-mo replay
13. Bonus
14. Mischa of "My Man Godfrey" (1936)
15. "Take __ __ face value."
16. Measuring stick
17. Rolled-around breaktime sight at work: 2 wds.
19. JUNE 6TH, 1944: Juno, Gold, Sword, Omaha and Utah: 2 wds.
21. Progressive rock band
22. Ye's follower
23. "To Live and Die __ _._." (1985)
24. Russian assembly
25. Trellis plant
26. Dove's murmur
29. Batman abode, Wayne __
32. Escape from prison: 2 wds.
34. Camaro model, __-Z
35. Attempts
37. Against
38. Tidy or groom: 2 wds.
40. Category
41. Fitness system, __ Bo
42. Mil. command posts
43. Eminem movie, "8 __" (2002)
45. Shirley Ann __ (Pulitzer-winning writer)
47. Drive a bike
48. Potpie morsel
51. Meal time-savers: 2 wds.
54. "__ in Seattle" (1993)
55. Annuls
56. Camping beds
57. Have _ __ to pick
58. Mr. Coombs of "Mr. Dressup"
59. "__ showtime!"
60. Lacking
61. Adjust, as an alarm clock

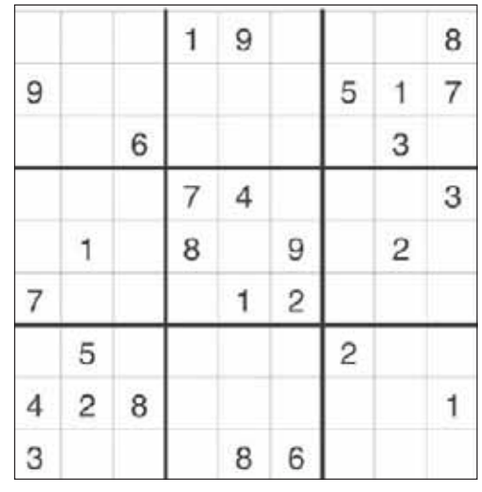
Down
1. Broken-eyeglasses-with-tape characteristic
2. Give off, as confidence
3. Maps book
4. Deuce-ace
5. Halifax __
6. Ancient fortress atop a plateau of Israel
7. Unit of weight
8. Casual affirmative
9. In Ottawa: Library and __ Canada
10. Quebec City, when it was an Iroquoian village
11. Metallica drummer Mr. Ulrich
12. Baseball great Mel
15. Suffix with 'Poet'
18. Where Nairobi is the capital
20. Tree type
24. TV show genre, __-drama
25. Choler
27. Baseball stats
28. "Willie and the Hand Jive" by Johnny __
29. Maid of the __ (Boat ride at Niagara Falls)
30. Harp, in Italy
31. Tom Cochrane tune: 2 wds.
32. Marcel Marceau's clown
33. Leafy veggie
35. Agave beverages
36. Toys "_" __ (Chain store)
39. Victor
40. The __ Family, as on TV classic "Leave It to Beaver"
43. Central spots
44. Partners to egos
46. Roger who played Robin Colcord on "Cheers"
47. Myrrh, for example
48. Inflictions
49. Moviedom's Mr. Murphy
50. Strong point
51. Conspiracy
52. "__: Warrior Princess"
53. Handed-down history
54. __-Fi

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

8	3	7	4	5	1	2	6	9
1	4	6	9	2	3	5	8	7
2	9	5	6	7	8	3	1	4
7	6	9	8	3	2	4	5	1
3	8	1	5	4	9	6	7	2
5	2	4	1	6	7	8	9	3
6	1	3	7	8	4	9	2	5
9	5	2	3	1	6	7	4	8
4	7	8	2	9	5	1	3	6

Today
16°/11°
Rain
70%

Friday
13°/11°
Rain
80%

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Dov Charney, CEO

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